

DINNERLY



Beef Sausage Bangers and Mash with Onion Gravy and Peas



35 minutes



2 Servings

Beef sausages smothered in delicious gravy with creamy mash and green peas – this is soul-warming comfort food at its finest.

WHAT WE SEND

- 2 potatoes
- 1 onion
- 2 chicken-style stock cubes
- 4 beef sausages¹⁷
- 150g peas

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tbs milk⁷
- 20g butter⁷
- 375ml (1½ cups) boiling water
- 2 tsp olive oil
- ½ tsp sugar
- 1 tbs plain flour¹

TOOLS

- medium saucepan with lid
- potato masher
- medium frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 675kcal, Fat 28.6g, Carbs 57.9g, Proteins 47.9g



1. Make potato mash

Peel the **potatoes** and cut into 3cm chunks. Put in a medium saucepan, cover with cold salted water and bring to the boil. Cook for 15 mins or until tender. Drain and return to the pan. Mash the potato until smooth. Add **2 tbs milk** and **10g butter**, season with **salt and pepper** and stir until combined. Cover to keep warm.



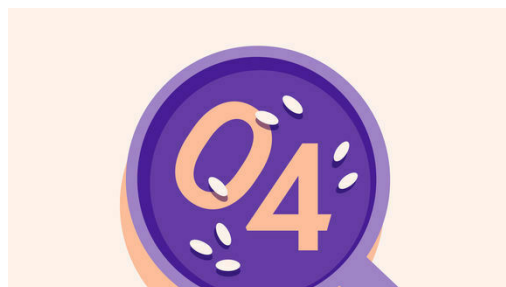
2. Pan-fry sausages

Meanwhile, thinly slice the **onion**. Crumble **1 stock cube*** into a heatproof jug, add **375ml (1½ cups) boiling water** and stir to dissolve. Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **sausages**, turning occasionally, for 8 mins or until golden and cooked through. Transfer to a plate and cover to keep warm.



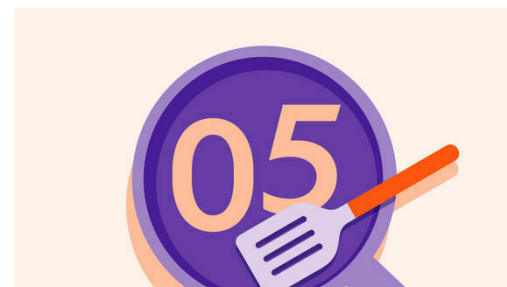
3. Caramelize onion

Melt **10g butter** in the same pan over medium heat. Cook the **onion**, stirring, for 3 mins or until starting to soften. Add **½ tsp sugar** and cook, stirring, for 5 mins or until caramelised. Scatter over **1 tbs plain flour** and cook, stirring, for 1 min or until the flour starts to turn golden.



4. Make gravy

Gradually add the **stock** to the onion mixture, stirring constantly, then bring to the boil. Reduce the heat to low and cook, stirring, for 5 mins or until slightly thickened. Taste, then season with **salt and pepper**.



5. Serve up

Bring a small saucepan of water to the boil. Add the **peas** and cook for 2-3 mins until tender. Drain, then season with **salt and pepper**. Divide the **mash, sausages, onion gravy** and peas among plates and enjoy!



6. Kitchen 101

It's important that you cook the flour until it turns golden, so the finished gravy doesn't taste of raw flour.